



**NOURISHING  
LOVE  
(OF HUSBANDS)**

**JOEY FAUST (7-6-22)**

**TEXT: Ephesians 5:22 Wives, submit yourselves unto your own husbands, as unto the Lord.**

**23 For the husband is the head of the wife, even as Christ is the head of the church: and **he is the saviour of the body.****

**24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing.**

**25 Husbands, **love your wives, even as Christ also loved the church, and gave himself for it;****

**Romans 15:1 We then that are strong ought to bear the infirmities of the weak, and **not to please ourselves.****

**2 Let every one of us please his neighbour for his good to edification.**

1 Corinthians 7:33 But he that is married careth for the things that are of the world, **how he may please his wife.**

34...but she that is married careth for the things of the world, **how she may please her husband.**

2 Kings 13:5 (And the  
LORD gave Israel **a saviour**,  
so that they went out from  
under the hand of the  
Syrians...

Saviour:

"One that saves or  
**preserves...**"

*(Webster's, 1828)*

**Genesis 45:5** Now therefore be not grieved, nor angry with yourselves, that ye sold me hither: for God did send me before you **to preserve** life.

**7** And God sent me before you **to preserve** you a posterity in the earth, and to save your lives by a great deliverance.

**10** And thou shalt dwell in the land of Goshen...

**11** And there will I **nourish** thee...

**Ephesians 5:26 That he might sanctify and cleanse it with the washing of water by the word,**

**27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.**

**28 So ought men to love their wives as their own bodies.** He that loveth his wife loveth himself.



**Ephesians 5:29 For no  
man ever yet hated his  
own flesh...**

**"No man; none in his  
right senses..."**

**(Poole)**

**Ecclesiastes 10:17 Blessed art  
thou, O land, when thy king is the  
son of nobles, and thy princes eat  
in due season, **for strength**, and  
not for drunkenness!**

**Proverbs 13:24 He that  
spareth his rod **hateth** his  
son: but he that loveth him  
chasteneth him betimes.**

**Luke 16:16 The law and the prophets were until John: since that time the kingdom of God is preached, and every man presseth into it.**

**Ephesians 5:29 For no man  
ever yet hated his own flesh;  
but nourisheth and  
cherisheth it, **even as the  
Lord the church:****

**Philippians 1:9** And this I pray,  
that your **love may abound yet  
more and more in knowledge  
and in all judgment;**

**Ephesians 5:29 For no man  
ever yet hated his own flesh;  
but **nourisheth and cherisheth**  
it, even as the Lord the church:**



**Exodus 21:10...her food, her raiment,  
and her duty of marriage, shall he not  
diminish.**

**11 And if he do not these three unto  
her, then shall she go out free without  
money.**

**"There are two parts of the natural care for our own bodies; first, 'to nourish'...and then 'to cherish' (literally, to **keep them warm**), to provide all they need for health, and comfort, and life..."**  
**(Ellicott's Commentary)**

**''Nourisheth,' refers to food and internal sustenance; 'cherisheth,' to clothing and external fostering.'  
(JFB Commentary)**

**Isaiah 58:7** Is it not to deal thy bread  
to the hungry, and that thou bring the  
poor that are cast out to thy house?  
when thou seest the naked, that thou  
cover him; and **that thou hide  
not thyself from thine own flesh?**

**"[Cherish] this has  
respect to clothing, as  
nourishes has to food..."  
(Bengel)**

**1 Kings 1:2** Wherefore his servants said unto him, Let there be sought for my lord the king a young virgin: and let her stand before the king, and let her **cherish** him, and let her lie in thy bosom, **that my lord the king may get heat.**

**Cherish:**

**"To shelter; to nurse up...  
protection..."**

**(Johnson's Dictionary)**

**"To treat with tenderness and affection; to give warmth, ease or comfort to."**

**(Webster's, 1828)**



**Ephesians 6:4 And, ye fathers,  
provoke not your children to  
wrath: but **bring them up** in  
the nurture and admonition of  
the Lord.**

2 Samuel 12:3 But the poor man had nothing, save one little ewe lamb, which **he had bought and nourished up**: and it grew up together with him, and with his children...

**Genesis 47:12 And Joseph  
nourished his father, and his  
brethren, and all his father's  
household, with bread, according  
to their families.**

**Genesis 50:21** Now therefore fear ye not: **I will nourish you**, and your little ones. And he comforted them, and spake kindly unto them.

Isaiah 1:2 Hear, O heavens, and  
give ear, O earth: for the Lord  
hath spoken, **I have nourished and  
brought up children**, and they  
have rebelled against me.

**1 Timothy 4:6** If thou put the brethren in remembrance of these things, thou shalt be a **gounourished up in the words of faith and of good doctrine** od minister of Jesus Christ,, whereunto thou hast attained.

## Nourish; Nourishing:

''...to supply with food and drink, feed; to bring up, nurture, promote the growth or development of'...''

(Etymology Online)

**"...promoting strength or  
growth..."**

**(Etymology Online)**



"That which is given or  
received...to the  
support...growth or  
strength...**Nutrition**..."

(Johnson's Dictionary)

"The state of being  
nourished; **nutrition.**"

(Lloyd's Encyclopedic Dic.,  
1896)

Isaiah 4:1 And in that day seven women shall take hold of one man, saying, We will **eat our own bread,** and **wear our own apparel:** only let us be called by thy name...

**Proverbs 31:14 She is like  
the merchants' ships; she  
bringeth her food from  
afar.**

**"You might as well try to enjoy life in a run-down and ruined house that allows free admission to the freezing blast and pouring rain as to be happy in a body ruined by self-indulgence. If God has given you good health and a sound mind, it is your duty to do all you can to preserve it so that it will perform all the necessary functions in the great work of life."  
(The Golden Gems of Life)**

**"One of the most important jobs you have as keepers at home and lovers of your husband and children is to find and fix the healthiest food for your family. The closer you get to the way God created it to be eaten, the better...Organic, pastured, and grass-fed means that the food was raised the way it was intended to be raised and the animals ate the food they were created to eat, **not filled with antibiotics, pesticides, steroids, and other health-destroying substances.**"**

**"I know some families personally who don't have a lot of money but they cut expenses way down in other areas in order to buy healthy, organic food. Junk food isn't that cheap either and cancer is a lot more expensive in the long run."**

**"Synthetic chemical pesticides, which were first deployed during the World War II era [1939-45], are a relatively new development..."**  
**(fishersci.ca)**



**"In 1939, Paul Müller discovered that DDT was a very effective insecticide. It quickly became the most widely-used pesticide in the world. However, in the 1960s, it was discovered that DDT was preventing many fish-eating birds from reproducing..."**  
**(NewWorldEncyclopedia.org)**

**"A...study in 2006 measured the levels of...pesticide exposure in...school children before and after replacing their diet with organic food...it was found that levels of...pesticide exposure dropped dramatically and immediately when the children switched to an organic diet.'" (NewWorldEncyclopedia.org)**

**"...pesticide exposure in women...[is associated with] decreased fertility, spontaneous abortions, stillbirth, premature birth...ovarian disorders, and disruption of the hormonal function [blocking estrogen, etc.]..."**  
**(Reprod Biol Endocrinol. 2006)**

**"Interference with the thyroid function...Interference with the central nervous system...many pesticides are known to be neurotoxic..."**

**(Reprod Biol Endocrinol. 2006)**

**"...able to block ovulation similar to  
contraceptive pills."**

**"...women who currently used pesticides  
experienced longer menstrual cycles..."  
(Reprod Biol Endocrinol. 2006)**

**"...missed periods, and  
intermenstrual bleeding..."  
(Reprod Biol Endocrinol.  
2006)**

**"...pesticides have been related to breast cancer in post-menopausal women..."**

**(Am. J. Ind. Med. 44:584–594,  
2003)**


**"New study finds pesticides so strong that women suffer if mothers or even grandmothers were exposed decades before..."**

**"New research links ancestral exposure to obesity in descendants."**

**(TheHill; Apr. 19, 2021; Published in the Cancer Epidemiology, Biomarkers & Prevention)**



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to  
flourish



**YOUR  
HEALTH  
IS AN  
INVESTMENT,  
NOT AN  
EXPENSE**